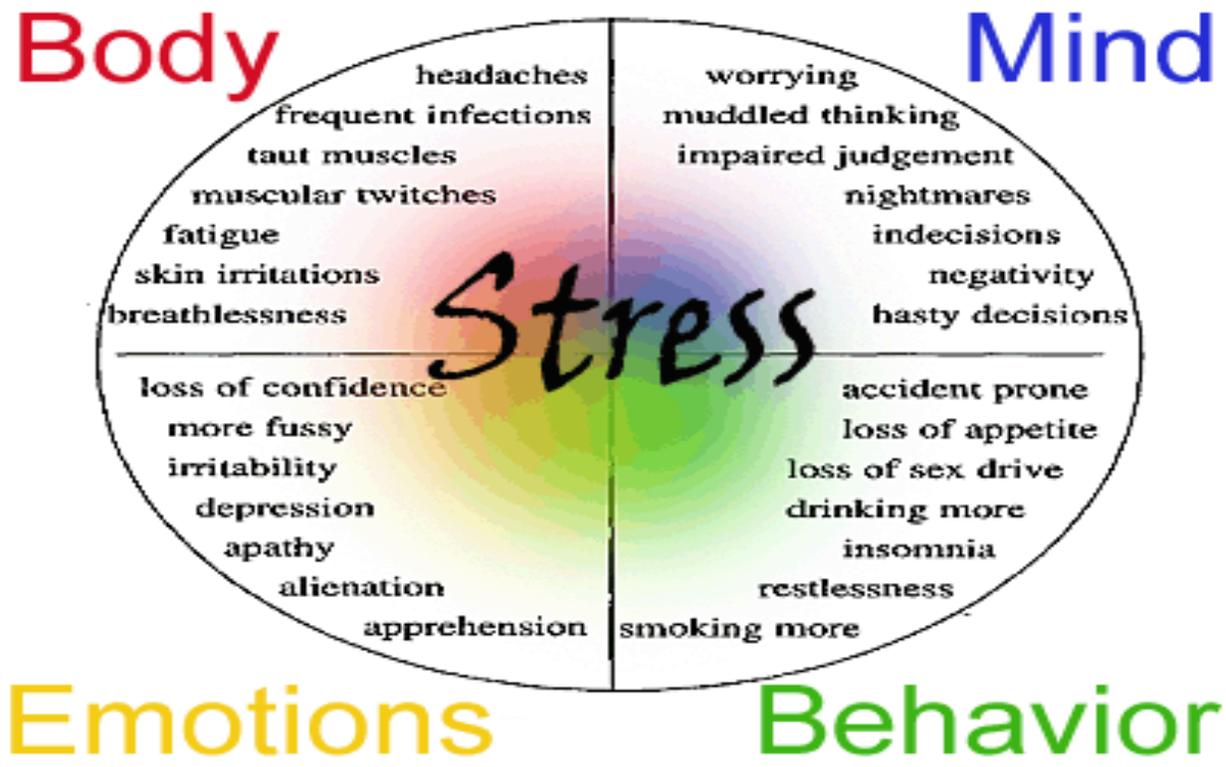


CELEBRATE APRIL

STRESS AWARENESS MONTH

REDUCING YOUR STRESS LEVELS

STRESS is a common problem -- it affects Nutrition, Emotions, Behavior and more... Learning to fuel the body with the right nutrients is key to correct nutritional imbalances and overcome stress.



Interested in learning about Meology/Personal Nutrition to help?
 Contact: augusta@johnsantoscharitableorganization.org
 908 - 938 - 0392